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ISSUE 26 • AUGUST 2017

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See page 4 for editorial and pages 26/27 for gallery

Three arrested for burglary

Three people have been arrested in connection with string of late-night burglaries in Ramsey.

A 19-year-old and two 16-year-olds have been charged with conspiracy to commit burglary after the incidents took place between June 28th and 29th, while a further charge relates to an offence committed in Stanground, Peterborough. The thieves targeted houses in Wyatt Close, New Road, The Maltings, and Hollow Lane as well as sheds and outbuildings in the same area.

The 19-year-old was remanded in custody on June 29th and appeared before magistrates in Cambridge the following morning, where he was subsequently bailed to appear in court at a later date. The two 16-year-olds were charged and remanded in custody before appearing in court on July 1st.

Anyone with information about the series of incidents is advised to contact Cambridgeshire police on 101 or Crimestoppers, anonymously, on 0800 555 111.

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Each month, we bring you the best selection of news, views and what's on in the Ramsey area - written and produced locally and delivered FREE to your door.

CONTACT US

Call **Maurice** on **07875 219 244 or 01487 462 100** or email us at:
info@ramseyandwarboysreporter.co.uk

DIRECTOR
Maurice Kendrick
mauricekendrick@ramseyandwarboysreporter.co.uk

EDITOR
Adam Roberts
mail@ramseyandwarboysreporter.co.uk

ASSISTANT EDITORS
Bryony Smith
Mharie West

DESIGN & ARTWORK
Ken Sims CPT MWDA
info@ramseyandwarboysreporter.co.uk

CONTRIBUTORS
Dawn Cross, Katie Broadbent, Karen Prestage, Samuel Dew, Val Fendley, Emily Bradley-Dorman, Nick Kay, Anne Cuthbert, Bethany Aston, Thomas Raline, Keith Wilson, Dean Crago

PHOTOGRAPHY
Phil Minn, Len Zout and Stan Still

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in brief

READERS LETTER

Sir,
It is with regret that I have heard of the sudden resignation of John Rignall as Chairman and Trustee of the Bury Village Hall Committee, due to circumstances that have made his position untenable. I feel the need to acknowledge the effort given by John over the last twenty or more years in pursuing a dream through to reality in providing Bury with a much needed and used facility.
His guidance and hard work over those years has provided Bury with a popular and profitable legacy.
As a past committee member I also wish to acknowledge the valuable time and effort of all the other members, past and present, who have volunteered their time and effort in support of John and the Village Hall.
Wherever possible it has also been John`s intention to involve, as much as possible, local trades and businesses in the many extensions, repairs and general upkeep involved with the hall. His methods of obtaining the work have always been to ensure that both the hall and the businesses involved ended with a fair and profitable resolution.
I am sure that many in Bury would also like to thank him for all his efforts.
Tom Southam (Bournemouth)

Losses continue

Last month, we reported on a missing scarecrow and the case of a cow gone awry. Now, it seems the village sign for Ramsey Forty-Foot has disappeared overnight. Investigations by local residents have turned up no trace, and it seems the sign may have been pilfered. Does Ramsey have its own cat burglar, complete with unusual tastes for easy targets? Let us know your theories...

OCTOBER 2nd 2012 to SEPTEMBER 24th 2017

Tenure of Simon Harding and James Reed at the Bow Window. To find out more, turn to page X

ITS A GOOD MONTH FOR

FORTY FOOT

A unique local initiative is leading Roadwatch to invest over £20,000 in speed calming measures

ITS A BAD MONTH FOR

FORTY FOOT

Have you seen the village sign? Probably not, because its gone ***mysteriously missing!***...

HUNTINGDON 3 RAMSEY 2

Score at the Mayors Cup, where Ramsey narrowly lost out this month.

2,000+

Number of attendees at Createfest

DATES FOR YOUR DIARY

AUGUST 2017

6th **Fenland Light Railway**
Mereside Drive
6th **Billionaire Boy**
Trumpington Meadows
19th **1940's Dance**
The Camp, Wood Lane
19th - 20th **1940's Weekend**
The Camp, Wood Lane
20th **1940's Event**
Ramsey Museum

For more information, please visit: discoverramsey.co.uk/events

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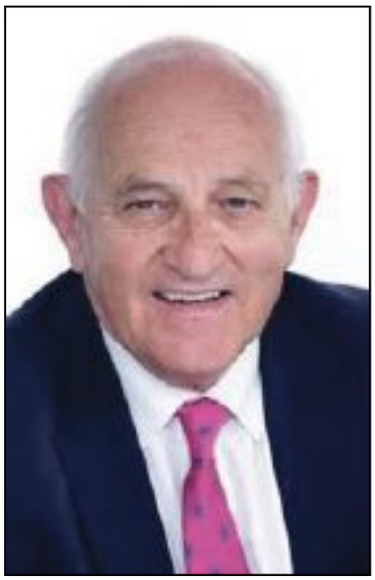
Upwood Councillor steps down as Executive Leader

HELPING BUILD A BETTER FUTURE FOR CAMBRIDGESHIRE AND PETERBOROUGH IS A FULL-TIME JOB SAYS CLLR HOWE



The Executive Leader of Huntingdonshire District Council, Councillor Robin Howe, is stepping down from his post to focus full-time on his role as the Deputy Mayor of Cambridgeshire and Peterborough Combined Authority.

According to a statement released by Cllr Howe says: "The role I fill as Deputy Mayor of the Combined Authority is taking over an ever-increasing amount of my time and in my opinion should be a full-time role, as it is for the Mayor.

Having discussed this with my Cabinet in Huntingdonshire, I feel that stepping down and devoting more of my time to the Combined Authority role will allow me to bring greater influence to bear and in doing so help me to better serve the interests of the District Council; much more effectively than I can with the dual role I currently occupy."

Cllr Howe confirmed that James Palmer, Mayor of the Combined Authority, was supportive of his decision, and spoke of his regret that "I shall be unable to oversee the programme of reforms I have begun at HDC in the last 15 months".

Cllr Howe stepped down officially as Executive Leader at a special Council meeting on 26 July, with the Council's Deputy Executive Leader, Councillor Graham Bull, confirmed as his replacement.

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news

Shailesh Vara MP opened the Fete with RNT's Jane Sills & Cllr Doug McIlwain, Mayor of Ramsey

CREATE-FEST TRIUMPHS
WITH RECORD CROWDS

Create-fest drew record numbers on its second outing last month, with the newly extended music stage playing well into the night at the 1940's camp in Wood Lane, Ramsey.

Officially opened at 2:30 on Saturday June 15th, over 1,000 visitors attended the daytime fair, which included stalls from local groups such as the Ramsey Mortuary Chapel, visiting attractions and craft or trade stalls selling all manner of goods.

Plenty of attractions also caught the eye of the crowds, with a line of bouncy castles and inflatable play areas a big hit with the many family groups. Those of a braver disposition were also tempted by the rodeo sheep, with many hanging on as it bucked around its own inflatable arena.

The festival also offered a chance for new ventures to flourish, including a marvelously popular vintage tea caravan which provided cream teas and cakes from a wonderful vintage caravan.

The main stage played host to numerous local favorites, such as Holly & The Boatmen (with The Boatmen performing an earlier solo set), the Upwood Ukuleles and 10 O'Clock Curfew, who closed the daytime session with a fantastic set full of notable tunes. As with traders, Create-Fest organisers were willing to take a chance on a few newcomers, including the debut performance of The Harmonica Man and Acid Rain, who were playing as a group for the first time.

Despite having begun hours before, the official opening was performed at 2:30 by Doug McIlwain, Mayor of Ramsey, and Shailesh Vara MP, who spoke briefly before presenting an award to Ramsey Neighbourhood Trust Chairperson Jane Sills on behalf of housing group Luminus.Following the event Mr Vara said: "It was a wonderful afternoon and a delight to see so many families having such an enjoyable day. As well as the various stalls, it was great to have excellent entertainment to suit all age groups".

"A big thank you is due to all the sponsors and Val Fendley and her team of volunteers who put in a huge amount of work to make the event such a success."

In the evening, nationally touring Queen tribute act Rock Q dominated the stage with their headline set, offering a show worthy Queen's heyday with all the most recognisable hits, while local acts including the Guv'nors opening the evening with a myriad of styles which brought the crowd to boiling point.

Comparisons were made to the phenomenally popular 1940's weekend and even the Secret Garden Party, which started itself as a small event with a single stage.

Val Fendley, organiser of Create-Fest, later thanked attendees saying: "I'm thrilled, it was amazing! All 14 acts were fantastic. We had bands in the evening this year for the first time. The Guvnors were great and Rock Q really ended the evening on a high. Brilliant day. Thanks to the 15 local businesses and community groups who sponsored today and thank you to Shailesh for coming to Ramsey and opening our event."

Ann Cuthbert of the Promoting Ramsey Project added "Over 2000 came to the day...a real success. The event just went to prove what a great place Ramsey is to live in and that this was just one of the many things to do in the town!"

It is not yet known weather organisers will continue to run the event every two years, as several attendees we asked suggested they would like to see the event be made an annual part of the calendar.

Ramsey hold heads high after tough cup battle

Ramsey Town Football Club lost out to Huntingdon Town in a tough local derby as the two met for the annual Mayor's Cup at Jubilee Park in Huntingdon.

It was a game of two hearts for the Mayor of Ramsey, Councillor Doug McIlwain, who is also Chairman of Huntingdon Town FC.

Billed as a Grudge Match between the mayor's of both towns after last years heated contest, the annual cup started well for Ramsey when an unfortunate clearance from a Huntingdon defender sailed past keeper for an own goal and a 1-0 lead. This led to a period of ferocious play, with possession quickly changing hands during a tough midfield battle, before a controvertial penalty decision quickly followed by some fantastic footwork at the other end left Ramsey 2-1 up at half time.

The second half proved to be the visitors undoing, as Huntingdon quickly equalised at the boot of striker Jamie Waterworth, who proved a dominant force for the home team. A late strike from captain Chris Jones sealed the 3-2 win for Huntingdon, with Jones later lifting the trophy presented by Huntingdon's current mayor, Cllr Jay Dyne.

Cllr McIlwain spoke of his mixed feelings after the contest, saying "Obviously I'm disappointed that the team I'm representing as Mayor didn't come out on top, but as Chairman here in Huntingdon its great to see the boys win through after a tough game".

"Ramsey can leave with their heads held high, despite the differences in league we always look for someone to give Huntingdon a game and they really put their all in today."

Cllr Dyne also spoke of his enjoyment of the game, saying "Very happy to see Huntingdon win today" and later adding "Local events between towns like this are important, plenty of people in the crowd too supporting their teams too!"

Cllr Phillip Pope, current mayor of St Ives, was also in attendance.

Investigation launched after arsonists strike twice in Ramsey

The spate of arson attacks in Ramsey continued last month as firefighters have been called to tackle two cases of arson in Ramsey in as many days early last month.

The two attacks took place on Wednesday July 5th and Thursday July 6th, both involving large mounds of soil.

At about 3.45am on Wednesday, a crew from Ramsey was called to a blaze in High Street after reports that a mound of soil measuring about 20 metres by three metres was alight.

Less than 24 hours later, at about 7.30am on the Thursday, crews from both Huntingdon and Ramsey were again called to an area off High Street to tackle a fire involving a mound of soil. The crews remained at the scene for almost an hour while the blaze was extinguished.

According to investigators, the cause of both fires was deliberate. Anyone with information about the fires should contact Cambridgeshire police on 101 or call Crimestoppers, anonymously, on 0800 555 111.

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news

'RAMSEY DESERVES MORE' AIMS TO RENOVATE SCHOOL

A new campaign launched by the Abbey College, Ramsey, is aiming to throw the spotlight on its ageing school buildings and bring the

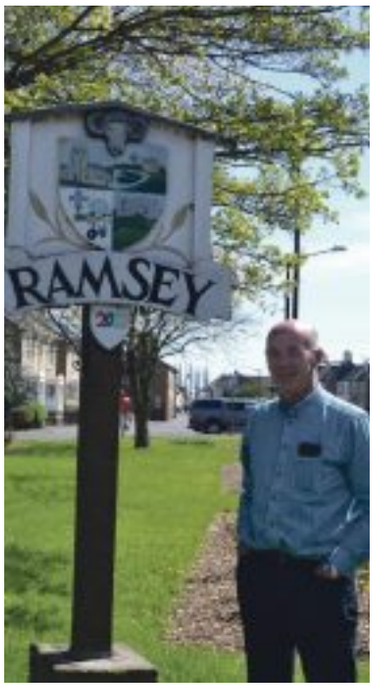
The Ramsey Deserves More campaign was launched to celebrate the history of the Abbey Building, reflect on what this has meant for the town and to look forward to the future of education in Ramsey.

The buildings in particular, which have been serving the community in Ramsey and the surrounding villages as part of one school or another for most of the past 80 years, are said by the campaign to be becoming unsuitable for the demands of a 21st century education.

Despite the recent successes at Abbey College, which include several notable awards and national recognition for the sixth form, the group believe the buildings are holding the school and the community back from even greater success.

Andy Christoforou, head teacher of Abbey College, said: "Our ageing buildings are becoming a drain on our already tight budgets and this is preventing us from achieving more."

SERVICE CENTRE CLOSURE PLAN IS SHELVED BY DISTRICT COUNCIL



Cllr. John Palmer argued strongly against the closure plans

A controversial plan to close Huntingdon District Council Customer Service centres in three major towns has been dropped after sustained pressure by councillors and residents.

The plans, which proved wildly unpopular, included closing Customer Service hubs in Ramsey, St Neots and Yaxley, with services to be offered by a centralised centre which could be contacted by telephone, with most services available online.

The council had offered to have those unable to use either service home support and visits, while former HDC leader Cllr Robin Howe had promised to "ensure all customers' needs are met" before closing any sites.

However, the scheme was opposed by a number of district councillors, including Ramsey's Cllr John Palmer, who spoke out against the proposals in preliminary meetings and Cllr Howe announced that the council would not be removing the remaining customer contact points until a more appropriate model for delivering customer service, one that meets the need and expectation of all Huntingdonshire residents, has been put in place.

Following the announcement, made during Cllr Howe's annual 'State of the District' speech to Council on Wednesday, 28th June 2017, he said: "All available evidence pointed at a decreasing volume of service centre use, with a high and increasing percentage of customers choosing to self-serve online or telephoning the council instead. However, despite the ever changing face of the way in which our customers interact with the Council, and the Council's use of a Visiting Officer service for Housing Benefits, to ensure elderly and vulnerable clients can be seen in their own home, it was becoming increasingly apparent that the level of concern being voiced by local residents and District Councillors to my Cabinet colleagues and I, warranted having the Customer Service Centres at Ramsey, St Neots and Yaxley remain open at this time."

Cllr Palmer said he was delighted that the plan had been dropped, explaining: "It was clearly a misjudgment that would have affected some of our most venerable residents. It is very important, particularly in Ramsey where residents are already struggling with the effects of rural isolation, that we maintain a high level of customer service".

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news

John Palmer (2nd right) pictured here with 1st Sec. of State Damien Green MP, has made transport a priority

Mayor plans transport changes for market towns

Transport infrastructure in Huntingdon market towns, including Ramsey, is to be reviewed as part of a wider initiative by the new Mayor of Cambridgeshire and Peterborough.

Proposals include a light railway to connect Peterborough and Cambridge to the major market towns, with stations as far apart as Wisbech and Haverhill. It is not thought that Ramsey would be gaining a station.

The scheme has been made a priority by the Cambridgeshire and Peterborough Combined Authority, led by mayor James Palmer, who wants to see a sustainable transport network set up across the county.

According to the deputy mayor, Upwood Councillor Robin Howe, who has backed the proposal, funds have already been allocated for initial work to be completed on a light railway network while a feasibility study, which has already been commissioned, is carried out.

Speaking to the Hunts Post, Cllr Howe is reported to have said: "It is a real game-changing idea if we can get our market towns linked into the main cities, Cambridge and Peterborough, via a light railway and for Cambridge city in particular there is an underground system being considered".

The feasibility study is due to be completed by the end of the year, but it is expected to take multiple years for the project to be realised in full.

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community

BENWICK BANTER

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VILLAGE SUMMER FETE
High Street (Adjacent to Primary School)
SAT 12TH AUGUST 11AM - 4PM

This year's Benwick Village Summer Fete promises to be a fantastic event and with so much going on, the school field, village hall and car park should be packed.

Entry is free and a main feature will be a special area for the under 7s where they can play safely on a bouncy castle and a slide and ball pit. A BBQ, Coconut Shy, Face Painting, The Falcons from Derby, many stalls with games of skill and even more stalls inside the hall with various items such as jewellery, sweets, candles and tombola's

Tea, coffee and cakes will be available from the Church room café as well as ice lollies etc. from an Ice Cream Van.

Additional entertainment will include an exhibition in the hall with Benwick Tang Soo Do

BENWICK IN BLOOM

By Jill Hindle

On Wednesday July 5th, 2017 Benwick village was officially judged in the Anglia in Bloom Annual Competition. This year both Benwick and Chatteris have both been judged on this day much earlier than we had anticipated.

It's been a difficult year with the extreme weather conditions but we have done all we can do. Thank you to all our helpers and supporters who have gone that extra mile in making Benwick look so nice.

Thank you to Lofty for the loan of the Five Alls Pub to meet and greet our two judges and show off our presentation with tea and home-made cakes.

Funding

This year we have been fortunate in obtaining funding from The Burnt House Wind Farm and Ransonmoor Fund which enabled us to purchase equipment and self-watering planters which are in situ on the Whittlesey Road Bridge and Lilyholt Road.

Benwick is now beginning to take on a picturesque look at last. There are areas that still need to be addressed which we would have liked to have added to our route to collect vital marks such as our Cemetery and also the Allotments. These are such important areas of a village, however they were unfortunately not up to scratch.

Immaculate Play Park

The Newly refurbished Play Park was immaculate with no litter and the judges were impressed with the equipment and design.

We will now wait until September at the Anglia in Bloom Awards Ceremony to get our result.

However it's not all about results. It's good to get accolades but we Bloomers do what we do because we care about where we live and need to preserve this little Unique Fenland village of ours.

Well done Benwick in Bloom

Heritage Open Day at Sacred Heart church

On 24th June the Sacred Heart Church held a Heritage Community Open Day. The event was inspired by the "Madonna and Miracles" exhibition held at the Fitzwilliam Museum in Cambridge earlier this year, which looked at the hidden world of religious devotion in Renaissance Italy.

As a starting point, parishioners were asked to respond to a short survey about their personal devotions, where in their homes they displayed devotional items, and where they have been on pilgrimage. Two key devotions are practiced by parishioners who returned the surveys; praying the Rosary and the Chaplet of Devine Mercy.

The Rosary1 is a meditation on the life of Jesus and that of His Mother Mary and can be prayed alone or as part of a group. One parishioner said: "In times of need it can be a real comfort." Another person spoke of praying the Rosary over the internet with family in the Philippines "praying the rosary together, despite our distance, we are able to be united to maintain our faith and get nearer and nearer to Our Lord Jesus."

The Divine Mercy devotion is based on the writings of Sr. Faustina Kowalska, a polish nun who died in 1938. Although the Divine Mercy is not a new message, it is a reminder that "God loves us — all of us — no matter how great our sins. He wants us to recognize that His mercy is greater than our sins, so that we will call upon Him with trust, receive His mercy, and let it flow through us to others. Thus, all will come to share His joy."2

Where do we display devotional items? In 16th century Italy, the bedroom was one of the main places to find devotional items, and 21st century Ramsey is no different, although you may find a devotional image in any room in the house. When it comes

to pilgrimages, it is no surprise to learn that Walsingham topped the list, as this is not only the English National Shrine to Our Lady, but also situated within the Diocese of East Anglia. However, parishioners have been on pilgrimage to many places including the Holy Land. Bernard White presented a slide show of one such pilgrimage.

Visitors to the Open Day discovered the church was built in 1863. At that time, large numbers of Irish migrants came to work on the land, some settling in the area. It was for these immigrants that the Sacred Heart Church was built; the first Catholic Church in Huntingdonshire. The photographs on display spanned 60 years and included many familiar faces in Ramsey, among them Reda Cross, Jack and Margaret Baldwin and Nurse Smith.

Children and adults alike used their artistic talents to decorate hearts and doves to decorate a Tree of Love and Hope, a fitting theme for our church dedicated to the Sacred Heart of Jesus.

1-http://www.liturgyoffice.org.uk/Prayer/Devotions/Rosary.pdf

2-https://www.ewtn.com/devotionals/mercy/

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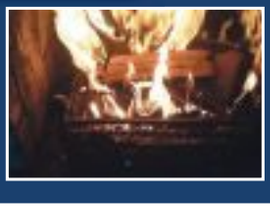

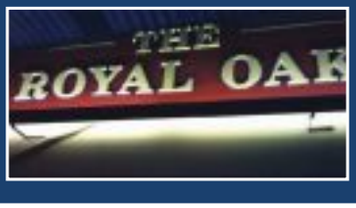

community

Bury Parish Council

Peter Hazell - *Chairman*

JULY MEETING

July's meeting was attended by 7 Parish Councillors, both District Councillors, our County Councillor, our local PCSO and 2members of the public.

We currently have a vacancy on the parish Council, so if you are interested then let the Clerk know at <buryparish@aol.com>.

The Police report once again highlighted the problem with trespassers on the RAF Upwood site. It is not just teenagers and young people now but older people from further afield.

Residents are asked to be aware of a spate of burglaries/attempted burglaries in the area, so make sure garages and sheds are secure.

Speeding traffic through the village is continuing to be a problem and the Parish Council is attempting to have more flashing signs at the entrances to the village (from Upwood, Ramsey and Warboys) with road markings indicating 30mph, but we are being met with problems from the County Council telling us what we can't have rather than what we want.

The Speedwatch volunteers will be undertaking training in August, so why not join them? The contact is <csw@gmail.com>.

Outdoor adult gym equipment, after much discussion over a period of time, was installed on the large playing field during the week beginning 24th July , and we hope to have a formal opening on Saturday 9th September, which is the same day as the Bury Garden Show. So why not come along and visit both?

We don't meet in August, so our next meeting will be on Wednesday 6th September at 7.30pm in the village hall.

Holme Village Community Get-Together

By Val Fendley

Back in May eight local people met to discuss ways of bringing the community together. We decided it would be nice to hold a Big Lunch following the model launched by the Eden Project nine years ago. It's simple really - you invite people from your community to get together and share food.

www.edenprojectcommunities.com/thebiglunchhomepage

Our Big Lunch is being held on Sunday 3rd September on the school playing field from 12 noon until 3pm. We're asking people who live at an odd number to bring savoury food and people who live at an even number to bring sweet. There will be a communal food table to place your item for everyone to share. If you prefer you can bring your own picnic but it's nice if everyone pulls together in the spirit of sharing. There will be a few tables set-up already but if you can bring your own camping chairs or picnic blanket that would help.

Games and traditional races

We will have some background music and are organising games and traditional races for the children. We also want to give people the opportunity to perform if they would like to, perhaps you would like to sing or dance. If so contact me on 07906240582.

The event is for everyone, young and old. We're looking for the oldest resident and also the person who has lived in the village the longest. We're also offering lifts to anyone who needs help getting to the school. Contact me on the number above if you need assistance.

Finally we would like to thank the Reading Room Trust who supported us by providing funding for the insurance for the day and Luminus Housing Association who have awarded us a grant for prizes and some event costs. Their support is very much appreciated. Now we just need you - the local residents to come together to make this a day to remember. See you there!

Bury VillageHall under New Management

The collective decision this month of the Chairman, John Rignall, and the Treasurer/ Booking Clerk, Paul Fletcher, to step down has triggered a major change in the Bury Residents Charity, the management committee of the Village Hall in Bury, as 3 other members of the charity also stepped down.

We thank them all but most especially John and Paul for all their arduous work over many years, as it is true to say that the Village would not have had a hall if it weren't for their efforts and ongoing sound management.

In the short term, the bookings will be managed by John Prestage (01487 813848), all queries relating to the hall should be referred to the secretary Pat Tuffin (01487 812785) and we will, as an interim measure, continue to follow the procedures put in place by the previous committee to ensure a smooth transition to the new committee.

We will need to reconstitute the committee so if you would like to be part of the running of our village's major asset please contact Pat as above. We will need a few more Trustees and several volunteers to help us with the day to day management of the hall. We encourage suggestions and ideas to enable the new committee to make the best use of the Village's facility. - ***John Prestage***

RAMSEY CHORAL SOCIETY CONCERT REPORT

by Pat Sutton - Chair

It was a full house in Warboys Church on Saturday 15th July for Ramsey Choral Society's Summer Concert 'Sounds of Stage and Screen'. Conducted by Musical Director, Angus Davidson and accompanied by Anna Aldous, there was a wide variety of music from Elton John to Brahms. Local Warboys girl, Mezzo Soprano Natalie Davies and Tenor James Liu, performed alongside the choir and also sang duets and solos to rapturous applause.

The choir starts rehearsals for the next season on 7th September in Ramsey Junior School at 7.30pm. New members always welcome. For more information ring 01487 813819, visit our Facebook Page or www.ramseychoral.org

MIDSUMMER MADNESS AT THE MANOR, WARBOYS

By Richard Hyde

An evening of fun and games took place on Friday, 14th July, by kind permission of Capt. Victor and Mrs Diana Lucas for the St Thomas à Becket Church new Disabled Ramp.

Primm's was served with splendid refreshments and games, including Splashdown, Gunge Tank (your truly in it!), Croquet, Table tennis and Boules.

The successful evening raised £1,076.

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community

RAMSEY ROTARY

Annual Handover BBQ

President handover took place at a BBQ on a warm summers evening in July at the Rural Museum, Wood Lane. The fun evening where 62 Rotarians, family members and guests were entertained by the outging President Chris Wick before handing over the chain of office to the new President Mark Pettitt.

Highlights of the evening were gifts from outgoing President Chris Wick of Gobstoppers to PDG Richard Hyde for his programme of speakers, Free Range eggs to Carole Broom and Jenny Stratton for their free rangeing approach to fund raising and a Gone Fishing plaque to past President Jeremy Hyde who travels widely on business.

PDG Richard Hyde tries out the Gobstoppers

Outgoing President Chris Wick congratulates incoming President Mark Pettitt

Free Range for Rotarians Carole Broom and Jenny Stratton

Past President Jeremy Hyde Gone Fishing

Safety Officer Shaun Green and Chair of Youth June Green have a laugh

ENTER NOW.. for your chance to win.

Presidents with families enjoying the evening

Calling all Young Citizens

Do you know an inspiring individual who enjoys going that extra mile in helping others? If so, then maybe you could nominate them for the RIBI Young Citizen Awards. (Nominees must be under 25 to enter)

In the first instance please contact Rotarian June Green on 01487 813562

L to R - June Green, Jesse Howell, Samuel Davies and Tim Tucker holding the trophy for Samual

Upwood Primary School Students Receive Awards

District Govenor Elect Tim Tucker, St Ives Rotary Club, accompanied by June Green, Chair of Youth Services Ramsey Rotary Club, visited Upwood Primary School to present Young Photographer Certificates to Jesse Howell (3rd place Jnr age group) and Samuel Davies (2nd place Jnr age group) and to Samuel for winning the overall best photograph all age groups. Samuel will keep his trophy for a year. The contestants in the competition submitted a group of 3 photographs on the theme of Reflections.

Celebrating at Lakeside Lodge

Ramsey Rotary Club Charter Dinner

The annual Charter Dinner was hed on Saturday 8th July at Lakeside Lodge, Pidley. Sixty two member and guests celebrated the 48th year of the clubs formation.

Rotary Star at Warboys Community Primary School

Rotary Srar Award was presented to Ethan Haywood year 3 by Rotariain June Green. Following Ethans conversation with teacher Mrs Glitherow the "Valuing Differences' through diversity and communities activity was organised. Children were challenged to try different activities that athletes and sports persons have to make after serious injury.

Eathan and his parents visited the school to share their experiences of living with disability, the adjustments they have made and the range of emotions that family members feel.

Well done Eathan.

Ethan receiving his award from Rotarian June Green watched by his father

HOT WEATHER

English weather might be notoriously unpredictable but we can still enjoy some very hot weather as the recent heatwave has shown. While we're all soaking up the sun and indulging in our ice creams, we urge you to consider your pets.

With their fur coat, an animal's cooling system is not as efficient as ours and they can quickly become overheated and dehydrated. They are highly susceptible to heatstroke - a rise in body temperature which can cause organ damage and failure which sadly can prove fatal.

Temperatures can even rise quickly, especially in cars and conservatories, when the weather is hot and humid (even when it's cloudy).

Dogs are most at risk of heatstroke and some more than others. Ths greatest risk is to elderly dogs, obese dogs, short-nosed breeds (such as pugs and bulldogs) and thick coated breeds (such as huskies and newfoundlands).

Signs for heatstroke include increased panting or open mouth breathing, disorientation, anxiety, pacing, excessive or thick saliva, collapse or even loss of consciousness. If your pet shows these signs move them immediately to a cool shady area and cover them in a towel soaked in cold water, and call your vet.

Heatstroke can be easily avoided by taking simple precautions.

- NEVER leave your pet in the car or shut in a conservatory - even with the windows open, the temperature will still rise rapidly
- Always allow access to cool shady areas – don't forget your outside animals, make sure hutches and pens have at least some shade!
- Provide plenty of fresh, cool water (not ice water)
- Avoid over-exertion – take your dog for a walk in the cooler early morning or late evening.

Heatstroke isn't the only danger for our pets in the hot weather. With warmer temperatures come more flies and these can be a cause a big problem to our outdoor pets. Rabbits are particularly at risk of "flystrike", this is when a fly lays its eggs on an animal and the maggots that hatch cause damage to the animal's skin and tissue (which can happen within 30 minutes of contact with the fly). Check your outdoor pets daily for signs of flies and their eggs.

As Brits we're not very good at applying sun cream to ourselves in the sunshine never mind our pets. Now it may sound silly to apply sun cream to our animals but their skin is just as sensitive. White pets and exposed pink skin on ears and noses are most at risk of sunburn and we all know how uncomfortable it can be.

If you concerned about heatstroke, flystrike or extreme sunburn with your pet, don't hesitate to contact us at any of our surgeries.

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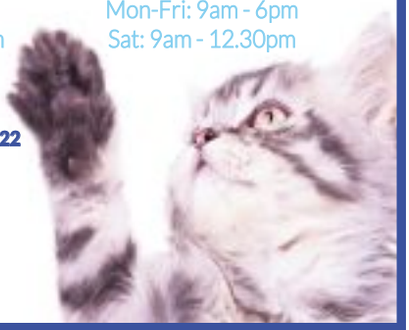

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Are you waiting for a LAST MINUTE HOLIDAY DEAL?

A last minute holiday is one you take within the next 4 weeks. The traditional last minute offers, of a really cheap deal, if you travel the next day no longer exist. This is because since the recession both airlines and tour operators had changed how they work. Tour operators no longer buy hotel rooms is advance and so there is no need for them to drop prices to encourage bookings. They no longer buy seats on a flight and then sell them off cheaply, as it's better than not selling it at all.

Nowadays airlines release their seats in batches, once the first batch is sold, they then release the next, at a higher price, and so on. Even the no frills, low cost airlines work this way. This is also why flight prices change constantly, as someone books the cheaper seats before you, leaving you with the next batch of higher priced seats. For best prices book 11 months in advance for long haul or 7 months for short haul.

Remember it isn't only the price that is significant. If you want a good holiday, you need a good amount of choice as well. Booking late takes away a lot of this choice as so many holidays will already have been sold. The sooner you start looking, the more choice you will have.

However if you are still wanting a summer holiday this year and haven't yet booked, below are some ideas on how to get the best deal at the last minute.

1. Book as soon as you can, don't put it off any longer
2. Book flights and hotels together. Travel Agents can get better fares for you by doing this.
3. Once you have an offer you are happy with book it. Don't spend time searching for even better, by the time you go back to book, chances are the holiday you wanted has increased, or worse, no longer available.
4. Use a Travel Agents services, they can search all the airlines, at the same time to find the best flights, hotels etc. and their services are free to you.
5. Check your holiday price includes everything. A headline offer can sometimes seem really tempting, but they are often missing essentials such as luggage and transfers to the hotel.
6. Be flexible with where you want to go, the best offers may be for a destination you hadn't considered.
7. Be flexible with your dates, package holidays still offer some of the best available deals, but some providers only fly on a certain day of the week.
8. Be flexible with your airport. How about flying from Birmingham, East Midlands or Manchester, if it gives you better pricing and more choice
9. Be realistic, the price you paid 2 years ago in April, will be quite different to the price for this year in August. Recent currency falls have also had a significant impact on holiday prices.

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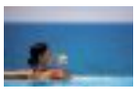

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community

Ramsey WI July 2017

The top ten attractions at Cromer include the Lifeboat station, RNLI Henry Blogg Museum, Cromer Pier, Cromer Beach and Cromer Parish Church.

Well to get to the Lifeboat station you have to walk along the Pier so that was two ticked off the list straight away. The café on the Pier serve a nice cup of coffee and the breeze walking around the end of the Pier will blow any cobwebs away.

Time for lunch I think, there are plenty of places to eat in Cromer from small cafés to the Hotel de Paris. On to the church, a climb up the tower is a must. The tower is about 50m (160 feet) high. The steep, narrow, spiral stair has more than 170 stone steps and is the only means of access. The views from the top are said to be wonderful but as we neared the top we were met by a party of school children being escorted down by a church steward, lightning was in the air and it was too dangerous to be at the top. We did want to finish our climb honest!

Literary Lunch

June 15th was this year's Literary Lunch at WI Centre; Sarah Vaughan and James Nicol were the speakers and after a very pleasant lunch we listened to Sarah tell us how she transformed from journalist to author with her first novel "The Art of Baking Blind." Then local author James Nicol talked about his amazing book "The Apprentice Witch". I bought a copy of his book and James autographed it for my granddaughter and I am reading it very carefully so I don't bend any pages.

This month's meeting was a Spanish night, a cookery demonstration and conversation with Amanda and Amanda. First Amanda (1) cooked paella explaining the ingredients and Amanda (2) told us the correct pronunciation. Paella is a traditional Spanish dish where all the ingredients are cooked in one pan; apparently almost anything can go into paella; meat, fish, chorizo, vegetables, even snails and of course the rice. Amanda used chicken and chorizo, and while that was cooking she made what she called a warm salad; all ingredients at room temperature not straight from the fridge. Then while Amanda (1) washed up Amanda (2) gave us a quick Spanish lesson on ordering food in a restaurant. Many WI ladies sampled the paella and salad.

We do not have a meeting in August but we will be having a "tea in the garden" with lots and lots of cake.

Ramsey St Mary's WI - Report

July started with our annual trip to the outside theatre at Tolethorpe to see a wonderful production of Hobson Choice. The next day some members and friends boarded the Ramsey Community Bus to Wells-next-the-Sea. As a women's educational charity WI activities, despite being great fun, always have an element of learning included. With this in mind the morning was spent at the fascinating 'Ware Hall' a fourteenth century house that was moved brick by brick from Ware when a new road layout required the building of a roundabout right where the house sat. It's amazing enough that the whole house was deconstructed and moved over one hundred miles away from its original location but, in addition, its reconstruction was started by a woman with no building experience what so ever. Aunty May was also a great hoarder and for over twenty years her possessions lay boxed up right in the middle of the building site that was her home. Unfortunately, she never saw the project finished but her niece, who now gives tours of the house with tea and cake, spent an additional twenty-three years finishing her aunts work. Two truly 'Inspiring Women'.

Our monthly meeting was topically themed around Wimbledon with a talk, from ex umpire and line judge Allan Grey, entitled 'Anyone for Tennis'. With twenty-five years of working at the world-famous tournament he had many tales and surprising facts to tell about the institution, the players and its famous visitors.

Unfortunately, I cannot reveal what will be happening at our meeting next month as it is members night when the evening's activities are kept a surprise from our committee as we give them a well-deserved rest. We meet the third Wednesday of the month, 7.30pm in The Barn at Ashbeach School. If you're a woman aged eighteen or over we'd love to see you in September. Find a WI near you at ***www.thewi.co.uk***

WI	Time & Date	Location
Ramsey Abbey	2pm – 1st Thursday	Bury Village Hall
Holme	7.30pm – 1st Thursday	Holme Village Hall
Ramsey	7.30pm – 2nd Monday	Ramsey Community Centre
Ramsey St. Mary's	7.30pm – 3rd Wednesday	The Barn, Ashbeach School
Warboys	7.15pm – 2nd Wednesday	Warboys Parish Centre
Wistow	7.30pm – 2nd Wednesday	Wistow Village Hall

Abbey WI

"It's never too late to become what you might have been" - George Eliot

Report for July meeting Abbey W.I.

There was an "Educating Rita" feel to Abbey's July meeting. Dorothy Wood, an eloquent 68-year-old, explained to the ladies that she had nurtured a dream for 30 years, an ambition to go to university.

Dorothy admitted that she "had been a less than willing pupil at school", leaving promptly at 16 with six O'Levels (remember those?) to become a ladies' hairdresser; a career she loved especially when she went mobile. But that thirst for knowledge which developed after school never quite left her, so much so that in 2011 at the age of 62 she enrolled on a short six-week course on landscape gardening which rapidly paved the way for her joining a Foundation degree in Science and Horticulture design. She condensed five days of hairdressing into three and with advice from her clients of "life is to be lived", "what's the worst thing that can happen" ringing in her ears, Dorothy with some trepidation became a STUDENT.

Very proud

She developed strategies for mixing in with young people, most of which were the age of her grandchildren. The course was arduous, with huge learning curves but never once did she think of giving up, even when getting up at 3:30 to complete assignments. It was a very proud Dorothy with an even prouder husband, daughters and grandchildren that collected her 2:1 degree. What an inspirational lady who truly traded in her bus pass for a student pass.

During the business part of the meeting the President reported that Abbey's stall at the Thomas a Becket fete had been very profitable selling all but two tomato plants and four books. She thanked everyone who had donated and helped in any way, especially Jenny Youds who on one of the hottest days of the year gallantly manned the stall with the President.

Witty and informative

An extremely witty and informative report was given by Liz Lovesy delegate for Abbey's group at the Liverpool National AGM. Liz gave her impressions of the two days' events in her inimitable style; the ladies almost felt that they had been present too. Abbey will be holding a tea afternoon in Bury village hall on 21st October 2 – 4pm as part of the campaign supporting the resolution on alleviating loneliness. More of that to come.

At the time of writing this report a group of Abbey members have visited Neil and Ann Callan's fascinating garden on the outskirts of Somersham (Neil you may remember was our speaker a couple of months ago). On a beautiful afternoon, we were conducted around the many facets of this remarkable undertaking, our senses assailed by wonderful scents and colour from the flowers. All this and a sumptuous cream tea taken underneath a canopy of trees. Marvellous.

Craft, lunch and book club will all be held before our next meeting on August 3rd when Abbey W.I. will enjoy a "Day at the Seaside". It promises to be a fun afternoon so if you would like to join us come along to Bury village hall, 2 – 4pm, you will be assured of a warm welcome.

For further details ring *Karen Prestage*, President of Abbey W.I. on 01487 813848

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What an amazing month it's been for...

Your Neighbourhood Office

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Ramsey Library, 25 Great Whyte, Ramsey, Cambs, PE26 1HG

Ramsey BoSH! Crunch Toddler Time

Firstly, let's explain about our new logo - Your Neighbourhood Office. We operate from 25 Great Whyte directly next door to the library and are responsible for many projects in the local area. We produce Ramsey Neighbourhood News, run Job search, Phoenix training courses, The Dogs Meet community cafe, BOSH children's club & play scheme, CRUNCH youth project, Toddler Time soft play for under-fives and more recently have been awarded the market charter. We also support Ramsey Million Partnership and work with the Discover Ramsey project. On top of all that we are the accountable body for a variety of events, such as CREATE-FEST the recent music festival.

Such a lot is co-ordinated from our small office but yet many people don't realise what we do or where we're based. We want to change that so all of our projects will now display the Your Neighbourhood Office logo making it easier for the community to know where to go for information about any of our projects.

Anyway, back to the past month....

CREATE-FEST was an amazing success with around 2000 attending the music festival throughout the day and evening. Thank you so much for supporting the event, it takes time and hard work organising something like this but that work paid off, we couldn't have asked for more. It was wonderful to see people of all ages enjoying the music and activities on-site. We believe the youngest visitor was 4 weeks old and the oldest 92 years of age!

Also, this month members of the Ramsey Million Partnership were invited to attend an award ceremony organised by Luminus Housing Association and The Hunts Post. We're delighted to announce that we received first place in the Community Achievement category (groups). The judges were impressed with the work done by a group of dedicated volunteers in making Ramsey an even better place to live, work or volunteer. They were particularly impressed with the projects for children and young people.

Another milestone this month came after a presentation to the Town Council amenities, highways and leisure committee. They recommended to full council that they should take on responsibility for the **skate park** (multi-wheeled sports facility) once built on land at St Marys Road. The build is being funded through the Ramsey Million following community consultation about priorities for the area. Councillors voted

Create-Fest audience

at their full council meeting on 13th July and agreed to accept the skate park. This is another major step forward in securing a brand-new sporting facility for local people. We should say though that it still won't happen overnight as the land is part of a legal agreement with the developer, Seagate Homes. Once the house building starts an area opposite Tesco petrol station will be handed over to the Town Council. We are then able to work with the Council to get the skate park designed and built. It's been a long and complex process but finally we've got all the building blocks in place to make this happen.

So, what's coming up from Your Neighbourhood Office in the next couple of months?

Our summer holiday play scheme kicks off on 31st July and will run for two weeks during the long six week school break. We've also planned some trips for young people based on the things they've told us they like to do. The FREE 'Monkeying Around' Family Fun Day will be held on Friday 4th August between 11am and 3.30pm at Ramsey Cricket Club – family members of all ages welcome! For more information call the office on 01487 814897 or visit one of our Facebook pages:

BOSH-Ramsey | CRUNCH-Ramsey | Ramsey Million – Big Local.

Don't forget we moved our summer Toddler Time to the 5th August (10am-12noon) at Ramey Community Centre and back by popular demand are 'Heritage Day' on 10th September and the 'Festival of Crafts' on 23rd September. Finally, there's the Ramsey Neighbourhoods Trust AGM on 18th September. This will be held in Ramsey Library from 6:30pm. Everyone is invited and refreshments will be provided.

Our Phoenix project, aimed at people of all ages who are wanting to get into or back into employment, will be bringing two new hobby based training courses this September. 'Keeping Safe Online', designed to help you avoid identity fraud and safe use of social media. The sessions will be running on Wednesday mornings 10am till 12noon at Ramsey Library: 13th, 20th and 27th September. Please sign us in-order to secure your place on the course. The second course is a Creative Arts course, an introduction to differing types of art media: pottery, art drawing, dance, photography and keeping an art journal. Why not come and develop your confidence whilst learning new skills? The first session will be 14th September. This course will run on Thursday and Friday's 10am till 12 noon with each artistic specialism having three sessions dedicated to it. You can book into the whole course or choose a particular media type.

By taking part in these sessions, you will improve your communication skills, raise your confidence and develop empathy. Your knowledge and skills relating to arts will be increased and you will work collaboratively as part of a team. All skills needed to get you job ready.

Please contact Alison if you are interested in signing up for this course.

Award Presentation

Training with the Phoenix Project

All details and information from Alison Seery: rntprojectmanager@gmail.com or ring 01487 814897/07562379472

So, as you can see there's plenty going on – dates and times below.

Session/Event	Date & Time	Location
Ramsey Job Search	Every Monday & Wednesday (except public holidays), 10am – 12noon	Ramsey Library
The Dog's Meet – Community Café	Every Tuesday, 10am – 12noon	
(except 1st & 8th August – see below)	Ramsey Cricket Club	
The Dog's Meet - Picnics	1st & 8th August , 10am – 12noon	King George V Field
BOSH Summer Play Scheme – A Walk on the Wild Side	31st July – 11th August	
5-7yrs: 10am – 11.55am		
8-10yrs: 1.30pm – 3.30pm	Ramsey Cricket Club	
CRUNCH Youth Project	15th August, 1.30pm – 5.30pm	
18th August, 10am – 5pm		
20th August, 10am – 1.30pm	a	
22nd August, 9am – 5pm	Bowling	
Ferry Meadows		
Gauntlet Auto Project		
Stanwick Lakes		
(Transport provided)		
Monkeying Around – Family Fun Day	4th August, 11am – 3.30pm	Ramsey Cricket Club
Toddler Time	5th August & 2nd September, 10am – 12noon	Ramsey Community Centre
Heritage Day	10th September, 11am – 5pm	Ramsey Heritage Sites
Phoenix - Creative Arts Course	Starting 14th September for 6 weeks	Ramsey Cricket Club
Phoenix – Keeping Safe Online	13th, 20th, 27th September, 10am – 12noon	Ramsey Library
Ramsey Neighbourhoods Trust AGM	18th September, 6.30pm	Ramsey Library
Festival of Crafts	23rd September, 9am – 2pm	Great Whyte

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NEW LOOK

In April this year, to celebrate our second year in business, we changed our branding with a new look and complete transition of the business. We're still in the same office, offering the same excellent service. We just have a new image.

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community

Ramsey library

Friends of Ramsey Library

Craft Sessions at Ramsey Library

We are pleased to announce that the Dogs Trust will be at Ramsey Library on Thursday 10th August 1.30-3pm with doggy themed stories and crafts, but no dogs. This is a free event as part of our Summer Reading Challenge celebrations, but donations would be welcome. Please speak to a member of staff at Ramsey Library to book your place.

Construct and create with Lego on Wednesday 23rd August 2-3pm at our Summer Special Lego Club at Ramsey Library. Again this is a free event but donations welcome. Please book your place with staff at Ramsey Library.

Summer Reading Challenge

It's that time of year again and Cambridgeshire Libraries are gearing up for the 2017 Summer Reading Challenge. This year the theme is Animal Agents illustrated by Tony Ross. The challenge is for children aged 4-11 years to read 6 books over the 6 week holiday and collect a sticker for each book they read. There are activities and listening sessions taking place in the library to encourage and inspire the children and in September, when the challenge finishes, those children who have read 6 books will be invited to a presentation evening to receive a medal and a certificate. Over 750,000 children took part in the 2016 Summer Reading Challenge.

Want to join in?

Visit Ramsey library from Saturday 15th July and sign up or talk to a member of staff for more details. We will be holding listening sessions Tuesday and Friday 10-12 noon and Thursday afternoon 2-4pm throughout the holidays.

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HETAS

RAMSEY WALLED GARDEN RECIPE OF THE MONTH

COURGETTE PASTA AND A BLACKCURRANT AND ALMOND PUDDING

There are two recipes this week. Firstly, a very simple courgette pasta dish given to me by Linda. It can be cooked while your pasta is cooking so it is really quick to prepare. It is not really a recipe in that the proportions do not matter much. The pudding is quite rich but delicious. It is best eaten warm rather than hot but is also great cold.

Courgette Pasta

For 2 people
150-200gm of pasta (spaghetti, penne or whatever shape you have)
2-3 rashers of bacon or some pancetta
3-4 small courgettes grated
2-3 tablespoons crème fraiche
Salt and pepper
Grated parmesan to serve

METHOD

1. Put pasta on to cook
2. Gently fry bacon or pancetta until soft. Add grated courgettes and cook for a further 2-3 minutes until soft.
3. Add crème fraiche and stir. Add a couple of tablespoons of the water the pasta is cooking in if you think it is too dry.
4. Serve with grated parmesan.

Blackcurrant and almond pudding For 6-8

200 gm butter
200 gm caster sugar
3 eggs
200 gm ground almonds
1 teasp vanilla extract
200gm blackcurrants
Icing sugar to dust (optional)

METHOD

1. Preheat oven to gas mark 4, 180oC. Grease a 25cm flan tin and line with baking parchment.
2. Cream the butter and sugar in a food processor or a hand beater until pale. Add the eggs one at a time beating well. After each egg fold in a little ground almond. After the third egg has been incorporated add the vanilla extract and the rest of the ground almonds.
3. Put the mixture in the tin and scatter the blackcurrants over the top.
4. Cook for 30 minutes until just firm.

Sieve over some icing sugar if desired. Serve warm rather than hot.

HAVE YOU TRIED MAKING ONE OF OUR RECIPES?
If you have, we'd like to know your thoughts!
Please contact us - mail@ramseyandwarboysreporter.co.uk

UNIVERSITY OF THE 3RD AGE

MAKING FRIENDS

By Enid Hubbard – Ramsey and District U3A

If you would like more information about the U3A please look at our website, ramseyu3a.org.uk or come to our next general meeting to be held on September 12th at 2:00pm at the Ramsey Community Centre, Stocking Fen Road, Ramsey.

Over the past year many new members have joined the Ramsey and District U3A. When visitors come to our general meetings at the Ramsey Community Centre they are made welcome and hopefully enjoy the speaker and social chat over tea and coffee. Should they decide to join our branch of the U3A they receive a welcome pack with useful information about our interest groups and activities.

We also hold 'Meet and Greet' afternoons during the year where new members meet the committee and a few of the interest group leaders. At our recently held meeting nine new members met together to find out more about the U3A.

New members

Enid Hubbard welcomed and introduced everyone at the meeting and asked the new members how they had come to hear about our organisation. The replies were varied from having heard about us through friends, when living in Birmingham before they retired, because their partners were members, needing to get out and do something, or having read about the U3A in the local newspaper.

The meeting was then handed over to Jane Cusworth, the membership secretary, who spoke about the benefits of belonging to the U3A. Following this each of the group leaders gave short talks about their interest groups; playing bridge, watching classic films, mixed crafts, card making, knitting for charity, theatre trips, walking, metal detecting, patchwork and quilting, lunch group, and writing for pleasure. Many of the group leaders brought along examples from their groups' activities. Knit and natter, who knit and crochet for charity showed examples of items sent to the many charities they support. Mixed crafts explained how to make decorative items from Suffolk puffs, snowmen from white socks, and the technique of felting to name but a few. Patchwork quilts were admired and the metal detecting group had new members sign up there and then.

On offer

While tea and coffee with cake was served, discussions sprung up at each table about what they had seen and what was on offer.

Sheila Gilbert-Hill ended the meeting by giving a presentation on how easy it was to access information from our Ramsey U3A website. After any questions had been answered it was time to leave everyone having enjoyed an informative and welcoming afternoon.

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business

GRIEVANCE

As an employer, you are obliged to have a grievance procedure of some sort in place so that employees know what they should do if they are unsure about an aspect of their working life that they are unable to resolve informally.

If one of your employees raises a grievance you are expected to follow a reasonable procedure, and there are some basic principles that you need to follow. But in a small business, there are a number of potential difficulties with what would be perhaps a normal procedure in a bigger organisation. So what are these, and what should you do about them?

A grievance with a line manager

In most organisations, employees are usually advised to raise grievances in the first instance with their line manager, and if the grievance is about their line manager, to raise it with either the manager above them, or perhaps with HR. But in a small business you are unlikely to have dedicated HR, and particularly in a micro business, may only have one manager – the business owner.

Obviously this situation is not ideal, but ultimately you are not expected to magic up another manager where none exists. The key is "reasonable". It would not be considered reasonable in a bigger business to force employees to raise grievances about their line manager with that manager, and the organisation would be expected to provide an alternative option. But in a tiny business, where that is simply not possible, it would not be held against you. If you have an external HR consultant, you could consider asking them to handle a grievance, and that can be helpful especially if temperatures are running high, although of course they can only make recommendations about outcomes and the decision is ultimately the business owners.

Employees being accompanied

Allowing employees to be accompanied by either a trade union official or a colleague at a formal grievance hearing is an important part of a fair grievance procedure, and this definitely applies to even the smallest business. But another key characteristic of small businesses is that by definition, the employee may only have very few colleagues, and are also less likely to be members of a trade union. It may be that they are raising a grievance against a colleague, or don't feel any of them will be supportive.

So what should you do? It's important to remember that you are not obliged to allow an external third party to attend. Although a small business is still expected to follow a reasonable procedure, that would not mean a more generous policy that would be found at a bigger business. Having said that, depending on the nature of the grievance and the approach of the employee, you may want to think about allowing them to bring a friend or family member for support.

Being at work during the process

In most instances, an employee would remain at work during the grievance procedure. However if the grievance is against a colleague or line manager, and particularly if it involves bullying or harassment, or may trigger a bad reaction in the subject of the grievance, continuing to come to work as normal can be enormously difficult. These issues are usually magnified in a very small businesses due to the close nature of relationships, and logistical issues such as all working in a very small space together. In a larger organisation it may be possible to move either the employee raising the grievance or the subject of the grievance to another department or another desk or office temporarily. But in a small business you may not have that option. Although you could insist that everyone comes to work as normal, for the sake of maintaining a reasonably productive and harmonious working environment, you may want to allow the employee raising the grievance to stay at home on full pay pending the hearing.

Outcomes

If the grievance is about bullying and harassment, or other relationship difficulties, in a larger business one option for resolving it might be to move someone on a permanent basis to a new role, another department, another line manager or another office. Of course in a small business it's likely that this just wouldn't be possible. You should always ask the employee raising a grievance what outcome they are looking for – what action would they like you to take, but these options are unlikely to be open to you.

You could make efforts to improve relationships between the employees in question, perhaps with some kind of mediation, and could also consider training and obviously making clear what behaviour is expected in future. You may also need to consider a disciplinary process against the subject of the grievance. But of course sometimes employees raising a grievance do refuse to work with someone going forward, even if the person is disciplined and training or mediation is provided. In those circumstances, as long as you've made as much effort as you reasonably can to improve things, ultimately the employee may well need to make a decision about whether to stay.

What about appeals?

A key principle of a fair and reasonable grievance procedure is that the employee have the opportunity to appeal the decision if they are not happy with the outcome. But as above, in a tiny business, or where the grievance is about the most senior person already, there may be no new or alternative manager to hear the appeal. So what should you do? Well, again you are not expected to magic up someone else to hear the appeal, but you are still expected to follow a reasonable procedure. This means it is important to still give the opportunity for the employee to appeal. You may feel it is pointless and would simply be a repeat of the original grievance hearing, but you should still give the employee the opportunity if they wish. It's always possible there are points they want to explore further. Again you could consider involving an external HR consultant at this stage.

If you need HR advice in your business, do get in touch. Dawn Cross - Face2faceHR
dawn.cross@face2facehr.com
01487 711959

Business Planning – Your Blueprint to Business Success

Running a business without a business plan is like rock climbing blindfolded. Your chances of making it successfully to the top are slim. And the process will surely be a death-defying one.

A business plan is a step-by-step guide to running your business and creating a product or service that will make it successful in the marketplace. You and your business plan must be flexible. Your plan will need to be adjusted periodically depending on opportunities in the marketplace, the current health of your business etc.

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Every business should have a plan. It may be formal or informal, it does not matter so long as there is a plan. For example, the fish-and-chip shop may not have formally written down the plan, but before setting up shop, a smart owner would have assessed the need for a shop in that area of town, the ability to attract clients there, the appropriate amount of stock to carry, the cost of utilities and the parking availability for clients etc. The owner who waits to figure these things out using trial and mostly error will be lucky to be left with his/her wits, much less any customers.

A business plan minimises risks and surprises. Consider the following for inclusion in your business plan:

- A reasonable expectation of profitability and when?
- How will the business pay you and any team members?
- The estimated expenses?
- The pricing strategy?
- The need for what you are offering, and what profit margin can you expect?

While much of this may have occurred to you, it is very important to write it down.

A documented plan:

- Helps you determine and coordinate all aspects of business operations.
- Gives you a means to analyse and determine what might be the best change to boost your business out of a stagnant situation.
- Assists you in determining the risks and benefits associated with any changes.
- Decreases your chances of making a mistake or not considering important factors in your business.
- Increases your chances of success.

So, do you have a Business Plan?
If not, consider discussing the need with your Accountant.
Nick Kay - Pavilion Accountancy
Schedule A Meeting - 01487898440

"HELPING BUSINESSES ACHIEVE BIG RESULTS"

business

CUTTING YOUR COSTS

By Dean Crago

Do you want the good news or the bad news?

Two very newsworthy articles have come out in the national press recently. To me they show a stark conflict between our improving ability to manage personal debt (for our benefit) and our deteriorating ability to stay out of it (to our great detriment)

Let's start with the sunny side up

Recently it was announced that, as of January next year, the government is going to ban debit and credit card "rip off" surcharges. Collectively we will potentially save hundreds of millions of pounds. It will make the cost of using plastic so much cheaper. For those of us who are managing our debt effectively it could be free.

It's not just the saving in money, there is the relief from the aggravation factor too. For example, remember that feeling when you finally finish booking your low cost airline ticket just to find that the price was bumped right up for the privilege of paying for it with a credit card? No more of that thank you very much.

All in all this is great news. Say hello to lower costs and goodbye to aggravation. Credit card here we come.

The not so sunny side.

While on a natural high over my credit card arrangements I then came across an article that probably demonstrates the real impact of what credit cards (and other forms of personal debt) actually have on individuals, families, businesses and the community as a whole.

This story is about the dramatic rise in the UK's personal debt level. According to the Bank of England's financial stability director Alex Brazier "Outstanding car loans, credit card balance transfers and personal loans have increased by 10% over the past year... In contrast household incomes have risen by just 1.5%."

He went on to say that if this continues it could get out of control and "pose a danger to the UK economy." Does this sound anything like the financial carefree days between 2000-2008 to you?

Currently interest rates are low making personal and business debt much more affordable.

As a result people are taking on a greater debt burden because the monthly repayments are equivalently manageable. The problem is that with a significant amount of the monthly budget going on debt repayment it does not take much to go wrong to cause people to live outside their means. The result is a slow but increasing cycle of debt.

As a nation this is what is happening, We are sliding back into the cycle of debt we were in 10-15 years ago.

If you have any level of debt action needs to be taken. Obviously the higher the level of debt the sooner the better.

What you can do

1. Understand your income and outgoings. Are you living within your means? Where is your money coming from and going to?
2. Make a few simple goals about what you want to achieve. Short, medium and long term goals. This could include reducing debt, increasing income or saving for the things you want.
3. Plan to achieve. Where can easy savings be made? When can extra income be generated? What is the best way to save for the things you want? How can you most effectively pay off your debts.
4. Speak to a professional. Don't know how to reach your goals? Get a little help, it can make a massive difference.

If you can do this yourself make sure you write it down and regularly refer back to it. There are a lot of simple tricks you can use to maximise your efforts. I will be discussing these in future Reporter articles.

Soon I will be announcing details of a series of free financial 'health check' clinics. They will be designed to provide the relevant education and support to enable you to analyse, set goals, plan and make a big difference in your financial life.

The clinics will be available FREE to all Ramsey and surrounding residents (either families or individuals) and will provide you with a written personalised plan of action.

Look out for full details in the next edition of the Reporter.

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Coming soon - Watch this space...

Olympic hero pledges support to local travel business as they strive for success

Bury based travel company, Not Just Travel Anglia; have just an-nounced that Olympic Gold Medalist, Daley Thompson, is their new "brand ambassador" and public face of the company.

Susan Fleming has been a franchisee of Not Just Travel for over 4 years, and it's because of their indisputable support that they have grown from strength to strength, in their business. "They have provided us with the knowledge and support to grow our travel business", ex-plained Susan. "Whilst we work independently, we also share in the successes and brand strength of Not Just Travel which we can now excitingly say introduces Daley Thompson to our team as the new brand ambassador", she went on to say.

Passion for travel

Said Daley Thompson, "It is an absolute pleasure to be working with the whole team within Not Just Travel, they have such a passion for travel and the work that they do. Talking personally with Susan Fleming, within the franchise I discovered the real people behind the business and how hard they work to bring the best for their clients. There is such vision, passion, dedication and inspiration."

NOT JUST TRAVEL

Susan says, "I am delighted that Daley Thompson has joined our team. He is an invaluable addition to our company and, of course, a hero of mine, winning 2 Olympic Gold Medals. I am sure he will help us strive for even more future success, with his entrepreneurial, mentoring and coaching skills there is no better person to help us deliver even better results and of course the perfect holiday options for our clients."

For further information about Not Just Travel Anglia call 01487 800009 or visit their web site at www.notjusttravel.com/anglia

out+about

YOUNG RAMSEY SCOUT IS NOMINATED FOR A **YOUNG PEOPLE OF THE YEAR AWARD**

Scout ***Archie*** helps in community and at home. A Cambridgeshire teenager who helps give his traumatised sister round the clock care is in a competition that hails the "giving to others" of the county's younger generation. Fourteen-year-old Archie Stewart was described as a "tremendous kid" and one who has been "brilliant" in supporting his young sister through difficult times. Now he has been nominated for the LifePlus Young People of the Year awards or "YOPEYs" – Oscars for young people who "give to others".

The annual contest has over £1,000 to be won by young people who are positive role models. There will be at least two Cambs Young People of the Year. A senior YOPEY, aged 17-25, winning £500, and a junior YOPEY, aged 10-16, winning £300.

Either prize can be won by an individual or group and the winners have to invest most of their winnings in their good cause but can keep £100 to treat themselves. There will also be several £100 runners-up prizes.

Ramsey resident Archie was nominated by Rob Jones, the scout leader at the 1st Bury and Upwood Scouts in the neighbouring village of Bury. He said: "Archie has been a scout with me since he moved up from cubs which he started when he was five. He is now about to embark on his adventures with explorers. "He is consistently cheerful and always takes the time to assist and nurture the younger scouts in the group.

Extremely active

This is despite a difficult home life with his sister requiring round-the-clock supervision and support. "He is extremely active. He has won medals in triathlon events and has easily won more scout badges than any other scout in the troop. "He is an absolute cracking kid … caring, compassionate, brilliant and is an absolute joy to know … an all-round good egg. "If ever you think of what kids of today will turn out in the future you haven't got a lot to worry about if you look at Archie … he is a tremendous kid. "Life is for the living with Archie and I cannot be more proud for, and of him."

Rob said that he has other scouts in his troop who act as carers at home and the group participates in scouting's 'Millions Hands' project. This is where half-a-million scouts, explorers, beavers and cubs take practical action in the service of others in order to create positive social change. The aim is to benefit the wider community as well as substantially developing themselves as individuals. There are four elements to Million Hands including mental health, water sanitation, those disabled by society and people living with dementia.

Vital cog

Archie who lives at home with his father Richard, a commercial manager for a civil engineering company, his mother Rebecca, and eight-year-old sister, is a vital cog in the Stewart household. He helps his mother, who cares full time for his adopted sister, round the house with a number of tasks and does it willingly and without fuss. His sister suffers with mental health problems and on bad days has up to 10 psychosomatic seizures where she needs to be calmed and reassured. She also suffers from post-traumatic stress disorder. "He can help her relax and calm her down a great deal and he is just a caring young man," said Rebecca. "He doesn't see himself as a carer he seems to do things automatically to help out and especially with his sister and he is like that wherever he goes."

Archie's sister was adopted by the family when she was just 13 months old. At the time there were no signs of her condition. "I had a difficult pregnancy with Archie so we decided we would adopt but nobody was aware of the trauma that she had experienced," said Rebecca. "On a day-to-day basis if she is having a seizure we have to talk her through it and help bring her back to the here and now – Archie is great at this. He supports her and holds her during this period. "We cannot allow her out of the house on her own but Archie gives her the time to play with her. "He will also cook meals if I am busy with his sister and you don't have to ask him, he does it automatically … he just goes to the fridge and gets on with it."

Young carers group

Archie, is also a member of the local young carers group and recently went to a weekend festival at Southampton attended by 1,500 carers from around the country where he was able to share experiences of his life at home. As a triathlete he's a member of the Pactrac Club in Peterborough, one of the biggest triathlon clubs in England. He also plays rugby for his school. Tania Bingham, a link worker with the young carers in his area covering Peterborough, Ramsey, Huntingdon, St Ives and St Neots, said that Archie is "fantastic" and "will step into anything". She said he has been a member of the group for the past two years and is also part of an intergenerational project at the Red House Residential and Nursing Home, in Bury Road, Ramsey, where he links up with some of the residents at the home to help establish contact between each other. "He has been a key part of the project which is about companionship. He chats to the elderly residents and just gets on with everybody there. "He is a very sensitive boy but very considerate and puts other people's feelings before his own. He is mature beyond his years but knows how to have fun and is so likeable. "He is quite open to share his feelings and is very, very caring especially towards his sister. "He has a really good relationship between his mum, dad and sister."

Meanwhile, Archie, who is studying for his GCSEs including computing, design/technology, history and religious education, said helping out at home and with his sister is something that comes naturally to him. "It's just something that I do to help round the house, especially when my sister has one of her turns," he said. And he added that he was "really, really happy" to have been nominated for a YOPEY. "It was really a big, big surprise for me and it would be really, really great for me to win it as it would mean the world to me," he added.

YOPEY has been praised by national leaders including the new Education Secretary for seeking out 'ordinary' young people who contribute "something extraordinary to their communities". Justine Greening MP said: "The awards provide an inspiration for other young people – and for adults – that even in difficult circumstances young people can find ways to help others and change the world around them."

Tony Gearing

YOPEY started in Cambridgeshire in 2006 and has expanded to many other counties. Its founder, former national newspaper journalist Tony Gearing, said: "There are many young people in Cambridgeshire doing wonderful things for others. It's just that they live in the shadow of a well-publicised anti-social minority. "We need to give young people the respect they deserve and set up the best as positive role models for others to copy rather than focusing on the small number who appear in the press for negative reasons."

As well as LifePlus, whose headquarters are in Little End Road, Eaton Socon, this year's Cambs YOPEY is sponsored by Hutchinsons of Wisbech, TTP Group of Melbourn and Cambridge companies ARM, KISS Communications and Stratagem IPM, and exams group Cambridge Assessment. A lavish awards ceremony will be held at St John's College, Cambridge this autumn.

Tony, YOPEY and YOPEY Befrienders have also won: Community Champion, Stars of Suffolk 2016; top prize in the first Aviva Community Fund, 2015; High Sheriff awards – Suffolk 2017, London 2016, Bedfordshire 2008.

http://www.youngpeopleoftheyear.org where you'll find fantastic young people

http://www.facebook.com/YOPEY where you'll find YOPEY's Facebook family

https://www.facebook.com/profile.php?id=100011503156865 where you'll find news about YOPEY Befriender

https://twitter.com/YopeyCharity where you'll find our tweets

They are also on YouTube (YOPEYYT) Instagram (yopeytony and Mrs YOPEY) and Pinterest (Mrs YOPEY)

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Young people of the Year yopey.org Lifeplus

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TIME FOR A CHANGE...

Bow Window proprietors Simon & James seeking new challenge

The future of the Bow Window is uncertain as long-time proprietors James Reed and Simon Harding are set to leave in September. Having working a combined half-century at the establishment (Simon came on board 35 years ago, James 18), the dynamic team took over management in October 2012, and have both put their heart and soul into continuing the irreplaceable restaurant's success.

However, they have jointly decided to move on, having made their mark on one of the town best-known venues. Speaking about their decision, James said: "We are just looking to try something new, we've put so much into the place and its time for a change, to try something different.

The pair has many success stories and highlights from their tenure in charge, including introducing a yearly Macmillan lunch, both supporting the residents of the nearby Red House Care Home and raising money for the cancer research charity.

James also noted the success of their Sunday Lunches, which were introduced by the pair on a monthly basis, a personal highlight, saying: "When we took over, we said we were going to do Sunday Lunches on the last Sunday of every month. It took 18 months, but since then we have been full on the last Sunday of every month, which to me is real progress. We've got to the point where people have been asking us to do more, to do every other Sunday!"

The pair also wanted to thank their regular customers, some of whom have been coming every week during their tenure "A massive thank you for your support, customers past and present" said James.

The final trading day for James and Simon will be September 24th. It is not yet know what will become of the restaurant.

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ONE TO WATCH
Dunkirk
CHRISTOPHER NOLAN

The best war film of all time? That's what several critics are calling Christopher Nolans take on the events of the Dunkirk evacuation, easily one of the most pivotal events in the Second World War.

Taking a lead from the war epics of old, Nolan casts a stellar series of performers in a myriad of roles, with everything from a breakout role for Harry Styles (of One Direction fame) to a return of old hands such as Sir Kenneth Branagh.

The script, written by Nolan and told from three perspectives, contains little dialogue and fewer Germans, who appear only as suspenseful and often unseen opponents. The audience, like the soldiers, are left in suspense for the bullet from the trees, the sudden appearance of the Luftwaffe, and the small details which all add up to one of the most compelling, encompassing and visually stunning films of 2017. An absolute must-watch.

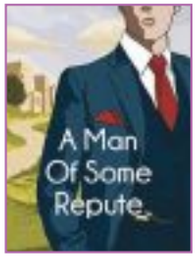
ONE TO VISIT
1940's Weekend
THE CAMP, RAMSEY

Yes, its back. Of course, its bigger. Will it be better than ever? You bet your 1940's vintage breeches it will be!

Ramsey's number one event of the summer season is closing off another great year of shows, events and festivals with the whole town behind them once again. Look for all the returning favorites, including the many stalls which line the camp site, the vintage musical guests, the living history attractions and the exhibits, which as ever include those brought in by re-enactment groups and performers.

I have personally enjoyed this event for the last three years, and quite frankly any resident who hasn't yet been should be scooped up and delivered on the doorstep. You will undoubtedly find something of interest, and as ever we highly recommend supporting these unique, local events brought to us by volunteers who work hard all year around!

ONE TO READ
A Man of Some Repute
BY ELIZABETH EDMONDSON



A wonderful amalgamation of golden-age detective fiction, P.G Wodehouse and modern spy thrillers, Edmonsons tale of a wounded agent's journey into a mysterious death in an upper-class village community brings back the kind of tale one might expect from Doyle or Christie. Coming to live in a large manor with a dark past, the wonderfully cliché cast of characters blends nicely with the original and intruding hero (if such a term can be ascribed) of the tale, who comes complete with a teenaged sister and a certain set of skills picked up from a few years on the wrong side of the iron curtain.

Interestingly, you could say this is also one to listen to as I picked this up not from a shelf but from my phone, listening to an Audible audio-book version beautifully narrated by Michael Page. Little of the suspense is lost, and plenty is to be gained, plus you can listen on the go – its certainly worth a try!

ONE TO LISTEN TO
Imagine Dragons
EVOLVE

If success is determined by numbers, then Imagine Dragons are set. 'Night Visions', their 2012 debut album, sold over 7 million worldwide sales to date, while mammoth single 'Radioactive' has shifted over 10 million and produced many, many, many covers (check out Pentatonix/Lindsey Stirling's version and thank me later...)

However, the latest album by these arena-selling rockers has divided critics. It's definitely not for a lack mainsteam hits, which include the title track 'Evolve', an '80s-inspired power-rock sensation, lead single and certain chart-stopper 'Believer' and 'Mouth Of The River', which reeks of The Killers. But this is all becoming much of a muchness, and the big tracks seemingly blend into one.

It reminds me a little of a late Kaiser Chiefs album, not all all musically but tonally. It's a shift to the same, each track building on the other but unwilling to really change the format or experiment. However, if you like one, you'll like them all, so expect to still see this flying from the shelves.

ONE TO READ
GEEKERELLA
BY ASHLEY POSTON

Review by Emily Bradley-Dorman

I'm SO, SO, SO excited to share my thoughts on this book with you! I'm a sucker for a fairy tale retelling and Geekerella spoke to my inner nerd, and made me so unbelievably happy, I'm going to struggle putting my review into coherent words. There is so much buzz about this book and I was stoked when the publishers got in contact, asking if I wanted to read it, and it has become one of my favourite books of all time!

Geek girl Elle Wittimer lives and breathes Starfield, the classic sci-fi series she grew up watching with her late father. So when she sees a cosplay contest for a new Starfield movie, she has to enter. The prize? An invitation to the ExcelsiCon Cosplay Ball, and a meet-and-greet with the actor slated to play Federation Prince Carmindor.

Darien Freeman used to live for cons—before he was famous. Now they're nothing but autographs and awkward meet-and-greets. Playing Carmindor is all he's ever wanted, but Darien is feeling more and more like a fake—until he meets a girl who shows him otherwise. But when she disappears at midnight, will he ever be able to find her again?

Geekerella is told from two points of view, firstly we have our Cinderella Elle Wittimer who lives with her stepmonster and half-sisters Chloe and Cal who have all made her life hell since her father died. Then we have soap opera star Darien Freeman who is set to play the lead in a reboot of Elle's favourite sci-fi show Starfield. Our two characters worlds unexpectedly collide when Darien texts Elle's Dad's old phone which leads to a Cinderella story that will have you desperate to read more.

I think the thing I liked the most about this book is it stays close to the original. I'm all for retellings that really push the boundary between adaptation and some other story entirely but I feel the reason this works is because it is quite simply a modern, geeky version of the original. It is jam packed with nerdy references that will make everyone smile and has a prince that will leave you swooning for days!

I really like that we get to see Darien's point of view, as well as Elle's, because there's something rather vulnerable about his character that made me connect more with the book. We get to know him just as much as Elle, which was a refreshing change of pace, and seeing how both characters open up to each other makes them all the more endearing. There was a depth to both protagonists and it was their mistakes that made them real for me.

Overall Geekerella is pure genius and it made me smile all the way through. The flow of this Cinderella adaptation is very similar to that of 'A Cinderella Story' and that isn't a bad thing. It connects with today's pop culture and made me laugh, cry and at one point even shout!

After last year's great Who's Who night we say

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WANT TO KEEP FIT?

GET A PAPER ROUND!

(get fit first though!)

By Maurice Kendrick

Have you ever tried to play with the kids (or grandkids) on a bouncy castle? When I was a lot younger, in my early forties, I thought I was a pretty fit guy until I attended the wedding of a work colleague who had arranged for a bouncy castle to be installed at her reception for the children.

Of course we adults thought it would be fun to have a go too. I must have lasted about 3 - 4 minutes until I collapsed in a heap along with the studio manager of the newspaper I was working for. We both thought we were going to pass out. Demonstrating that children have a heck of a lot more energy than most of the adult population.

London to Brighton Bike Ride

A few years later, I had my own business supplying and fitting flooring products and my business partner and I challenged all our staff – mainly fitters to join us on the London to Brighton Bike Ride, which sets off from Clapham Common. About 53 miles in total. I knew I would have to train for this and went on a strict diet. We all trained for around 3 months, cycling around 20 – 30 miles a day. I lost almost 2 stone in weight; I'd never been so slim.

On the day, me and 30 staff members set off and I have to say, apart from the uncomfortable seat on my bike, it was a very enjoyable day. Very hot with quite a few 'watering holes' along the way. My wife Liz and Sister Leah (right) drove one of the back-up cars and we were given refreshments along the way. Leah thought it was a great day out and decided she would take part the following year with her husband, who said he didn't need to train as he attended the gym regularly. He did have an upper body like Arnold Schwarzenegger BUT my sister trained hard as I had the previous year. On the day, he failed miserably and my sister made him look weak. What he hadn't realised was that to ride a bicycle over 50 miles needed a great deal of strength in your legs, and his were not up to it.

Injured

So what's all this got to do with a paper round I hear you say! Quite a bit really. Last month's Reporter had just been printed and at the last minute I got a text from my star delivery guy, who actually covers all of Warboys, about 1700 newspapers. He said he couldn't do his round as he was injured, which sent me into a panic as it meant if I couldn't get any help from anyone else, I'd have to do it myself.

The last time I delivered a large amount of newspapers was almost two years ago, shortly after launching the Reporter. In fact that's how I met my Warboys delivery guy. So, as you can imagine I was not in any fit state to deliver newspapers to the entire town of Warboys and not only that I would have to get it all done in a week, as I have a newspaper to run.

Hottest day

So, I started on the Monday morning in the Ramsey Road area and made my way up that hill which doesn't seem that steep when you're in a car BUT with a trolley full of around 400 newspapers can be very tiring. It was also the hottest day of the year so far and of course the whole week didn't get any cooler. By Wednesday I was beginning to feel the aches and pains associated with constantly walking in 30 degree heat and a chance meeting with Robert Brown in Ramsey Library gave me some hope as he offered to help me the next day (Thursday).

I have to say, Robert is a great deal fitter than me as we managed get a third of the papers delivered on that Thursday. Must be all those verges and hedges he regularly tackles in the Ramsey area.

Refreshing pint

So, dear reader, if you want to keep fit, meet some interesting people – Darren at The Mad Cat saw me on Thursday and insisted on getting me a refreshing pint in the Royal Oak, I also met a lady with a 58 year old parrot that thanked me for the newspaper - get yourself a paper round.

I would not, however recommend delivering the quantity I had although the relief I felt at 4.20pm on that Friday afternoon (see picture), knowing I'd finished the lot was immense. I just need to get suitable pain relief for my feet, knees and back and hope my delivery guy feels better now.

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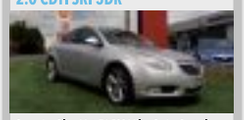

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Swimming lessons are still one of the most popular extra-curricular activities that children enjoy. Parents enroll their child on swimming lessons for varying reasons, including safety, exercise and social interaction. Whilst taking your child to the swimming pool yourself and encouraging them to learn, there are some things they will only learn in swimming classes like different swimming strokes and even lifesaving skills.

We all know the health benefits of exercise on the body. Swimming is one of the best forms of exercise as it works every muscle group in the body without putting stress on bones and joints. Swimming also helps to develop strong bones and muscles, and promotes flexibility and co-ordination, it is a brilliant way for children to burn off pent up energy, and the swimming pool is a safe environment as they are supervised by trained lifeguards.

Swimming classes are held in groups of children of a similar age and ability. Your child will be able to mix with children outside of school and learn valuable social skills. They will make friends and have fun in a different environment to the class room. It will also give the children goals to work towards and teach them that with enough time and practice things in life are achievable even at young ages.

Swimming is an important life skill that will bring a lifetime of pleasurable experiences. Think what they might be missing out on in later life if they do not learn, beach or resort holidays, pool parties, water sports the list goes on. All of these experiences require the ability to swim, and as your child gets older they could find themselves excluded from such activities if they cannot swim.

Further details from: One Leisure, Abbey Road, Ramsey PE26 1DP – 01480 388111

health

ADAM'S FITNESS CHALLENGE

TOUR DE RAMSEY

IT TURNS OUT THAT CYCLING IS HARDER THAN I THOUGHT

With this column has come a myriad of changes in my life, which were rather laid bare in the middle of the month as I went out for eggs. My standard Monday fair is bacon and eggs, something of a pick-me-up as my standard Sunday night fare is generally measured in pints. Alas, that particular Monday I used the last of the eggs, and as a good household member was required to top up our supply. Instead of jumping in the car, I decided to dust off that quintessentially British tradition and bike my way through the chore.

This all came about, as ever, due to my overactive friends. My brother had brought out my much loved but sadly underused bike as a spare for his girlfriend, whose own far superior model was languishing in another county. After their training, I took it out for a quick spin up and down the road, having not sat on a moving bike since before university (longer ago than I would like to admit). Its true what they say, it is just like riding a bike, and despite a bit of a nervy wobble on a slow corner I was still very comfortable, even throwing my leg across the rear wheel as I slowed in that old-fashioned mobile dismount I had perfected in my youth.

Filled with confidence from this brief foray, I decided that Monday to take her for a real spin. Borrowed helmet affixed on my head, bag over my shoulder, I set out for the short journey from my Bury abode to Manor Farm, the source of my much-loved breakfast fare. I'll admit to some nerves, I'm far used to being in one of the two ton metal machines that would be overtaking me, but I swallowed that and pushed off from my gate.

Legs pumping, I thought nothing of it. I'm in my mid-twenties, running long distance races and have sweat my way through tough spin classes, this is nothing. Then I tried to adjust my bag. Just taking the hand off the handlebars, a breeze in my schooldays, caused a nervy wobble and my hand flew back to the brakes. Where had that come from?

The next problem lay at the main junction; I'm not ashamed to admit I pulled over to the side for a moment. Could I no longer indicate? How was I going to handle traffic… hold on, am I a little out of puff? Where is all this coming from? Here it was mere peer pressure that forced me out onto the main road – a couple of blokes chatting in front of Bury Stores had glanced my way and I didn't wish to appear a fool – so I pushed off and up towards the church. Phew, that's a climb. It was here I discovered what gears were for. I'm lucky enough that my younger self invested in a good model (i.e I have the usual two sets of gears) but I hadn't really figured out how to use them. Improvisation left me

Selfie: turns out, for a selfie novice, it is almost impossible to take a picture with a mountain bike. Points for trying?

in one of the highest gears, sweating my way up the hill before turning out and into the 60mph road. At this point, sheer fear was in charge, and I pumped my legs in the hope of beating any traffic to the turn into the farm, which amazingly I did. Ten minutes later, I had made the return trip, eggs in hand, triumphant.

Four things to know

Having made this first foray back onto a bike, here are the four things you need to know.

Firstly, learn how to use your gears. Knowing what to turn to when heading up a hill or down a slope has nothing to do with advancing your performance or increasing your speed so much as staying comfortable. This leads me nicely onto my second point – stay comfortable. Its not a race, and despite what I thought there is no need to push out of the gates like Sir Bradley Wiggins. I pushed on autopilot and was exhausted by the time I reached the farm. Thirdly, hills are your greatest enemies and best friends; when running, they provide either mild consternation or brief relief, but on a bike this is exaggerated dramatically and hills provide the biggest challenge going up (until you learn to use the gears) and the most wonderful break going down (the ride back down past the church was a real highlight). Lastly, never go anywhere until you feel comfortable – I broke this rule, and my first ride was a sweat filled nerves fest, not how it should be.

I am fairly confident in these tips because I was given immediate chance to test them – when I arrived home I gleefully initiated my mobile dismount, unpacked my eggs, and discovered I had left my house, car and bike lock keys at Manor Farm.

Another ride out

There are certain times in life where you question your entire ethos – this was one. I briefly considered breaking into my house to grab my spare car key and drive back, but it was not to be. With a sigh, I unloaded the miraculously intact eggs, remounted my bike and set back out again.

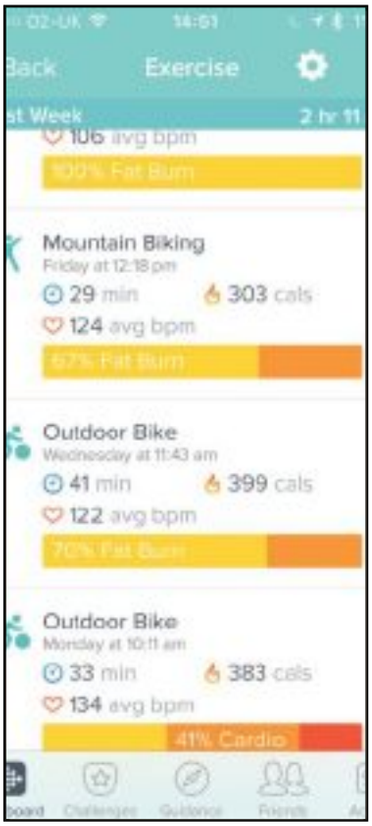
Its safe to say I had learned my lesson. Setting off in a nice, natural gear I took things at a gentler pace, still making good progress but not pumping at the pedals as if in a peloton. I made my way back to the main road, indicating and heading straight onto the junction, with my legs in mild pain from the mad push earlier, and entirely sure I would stop and walk back up the hill. When I reached the base, a graceful figure honed into view – a fellow cyclist, climbing happily up over the crest. A combination of bravado, competition and sheer bloody-mindedness led me to disregard the warning in my calves and push on up the hill, experimenting with a lower gear to great effect.

I caught this fellow cyclist just before the turn. She was marvellous, the opposite of my ignorance, taking things at her own pace and allowing the mechanics of the bike to propel her along gracefully. As I overtook to turn into the farm she cheerfully bid me a good morning. I wheezed something back and made an attempt at a grin, affecting what I expected looked like Quasimodo half way through a bell ring. Pulling into the farm, I allowed myself a brief respite of a walk up half the long driveway before grabbing my keys, which fortunately were slightly hidden atop a tray of eggs. Then, like a well-timed Laurel and Hardy prank, my maligned bike decided to throw in its own towel, and the chain came off.

Popping a chain back in is a simple process, if one remembers how it is done. I did not, and spent two minutes fumbling with a chain that was far too taut. Eventually discovering the radically simple means of losing this, I had slipped it back over, trial-and-errored my way through testing it, and returned home, mindfully of the lady's actions and at my own, far slower, far more comfortable pace, almost certain a wheel would fall off, or possibly a piano might drop from the sky. It did not. Arriving home, slightly sweaty, hands covered in oil, mind and body craving the upcoming shower, I once again affected that dismount. Still got it…

Garden Variety

Sometimes, with all the times and weights and gains, its tough to remember that this



all impacts on the real world. I got a stark reminder of my newfound strength this month when 1,400 kg of stone slabs were delivered to the wrong side of my house, requiring a couple of hours of solid lifting, wheelbarrowing and replacing to get them into the garden.

I'll be quite honest – I would not have managed this six months ago. My flabbier, sedentary self would have most likely left the job for stronger, younger hands, or at the very most given up half way through the first journey around the house. It brings me back again to the mental strength built by activity: the same "oh, give it a go" attitude that has replaced my "ah, that seems a bit tough" mentality has crept into my professional life – I'm less risk averse, more focused and genuinely unafraid to leap (although I still advise at least a peek first, if not a full look!) It reminds me that this isn't all about the muscles in the arms, but a little of that most important one in the head. The big arm ones helped with the wheelbarrow though, trust me!

Coming Up

Of course, this will all be on top of one of the biggest challenges in my life – the Perkins Great Eastern Run in October. I'll be picking that back up, alongside my continued work with Ramsey One Leisure, in the next edition. Thank you all as ever for your continued support!

sport

TENNIS ALL YEAR ROUND WITH NEW FLOODLIGHTS AT RAMSEY TENNIS CLUB

Founded almost 100 years ago, Ramsey Tennis Club have been playing in the beautiful and historic grounds of Ramsey Abbey for the past 40 years. Over this time the club has expanded and with nearly 50 members, 10 teams playing in local leagues as well as regular coaching opportunities for all ages it was time to upgrade the facilities to offer tennis all year round with the purchase of floodlights.

Floodlights installed

This was always going to be a difficult task when plans were made in January 2016 for how to raise the required funding. However within a year the entire sum had been gathered and in May 2017 the club were delighted that play was temporarily suspended as the floodlights were installed.

Alongside club funds, two grants of £10,000 were generously provided by the Red Tile Wind Farm Trust and the Whittome Wind Trust as well as grants from the LTA and the Cambridgeshire LTA fund, allowing the club to erect the latest in cutting edge energy efficient LED lighting to cover their two hard courts.

New members welcome

The club meet every Monday evening from 6pm for social play, all standards and abilities from novice to seasoned veteran are catered for with new members always welcome.

For those wishing to play competitively the club runs various teams in local leagues which play throughout the week. Coaching sessions are regularly arranged for those young and old.

Open evening

On Monday 18th September the club will be hosting an open evening during which they will celebrate the new floodlights with an official 'switching on' ceremony. All are welcome to attend to try out the facilities and enjoy nibbles and champagne as they celebrate together.

For more information or if you are interested in joining the club visit them at www.ramseytennisclub.co.uk or via their Facebook page @ramseytennisclub. Alternatively you can contact them via email admin@ramseytennisclub.co.uk.

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Monday	Early Birds 6.30 - 8.30	Baby & Toddler Lessons 9.30 - 10.00	Swimming Courses 10.00 - 10.30	Parents & Under 8's 11.00 - 11.55	Lane Swim 12.00 - 1.00	Floats Fun 1.15 - 3.15	Junior Lessons 3.30 - 6.00	Public Swim +1 Lane 6.00 - 7.30		Lane Swim 7.30 - 9.00
Tuesday	Early Birds 6.30 - 8.30	Private Use 8.30 - 10.00	Swimming Courses 10.00 - 10.30	Aquafit 11.05 - 11.55	Lane Swim 12.00 - 1.00	Floats Fun 1.15 - 3.15	Junior Lessons 4.00 - 6.00	Public Swim 6.00 - 7.00	Lane Swim 7.00 - 8.00	Private Use 8.00 - 9.00
Wednesday	Early Birds 6.30 - 8.30	Baby & Toddler Lessons 9.00 - 10.00	Swimming Courses 10.00 - 10.30	Parents & Under 8's 11.00 - 11.55	Aquafit 12.05 - 12.55	Floats Fun 1.15 - 3.15	Junior Lessons 3.30 - 6.00	Floats Fun 6.00 - 7.00	Lane Swim 7.00 - 9.00	
Thursday	Early Birds 6.30 - 8.30	Swimming Courses 10.00 - 10.30	Adult Lessons 10.30 - 11.30	Private Use 11.30 - 12.30	Lane Swim 12.30 - 1.30	Floats Fun 1.45 - 3.15	Junior Lessons 4.00 - 6.00	Public Swim +1 Lane 6.00 - 7.30		Lane Swim 7.30 - 9.00
Friday	Early Birds 6.30 - 8.30	Private Use 8.30 - 10.00	Swimming Courses 10.00 - 10.30	Parents & Under 8's 11.00 - 11.55	Lane Swim 12.00 - 1.00	Inflatable Fun 1.15 - 3.15	Junior Lessons 3.30 - 6.00	Public Swim +1 Lane 6.00 - 7.30		Lane Swim 7.30 - 8.30
Saturday	Early Birds 7.30 - 8.30	Junior Lessons 8.30 - 11.30			Party Hire 12.00 - 12.50	Floats Fun 1.00 - 3.00	Party Hire 3.00 - 3.50	Swimming pool closes at 3.50pm		
Sunday	Lane Swim 8.00 - 9.00	Family Fun 9.00 - 11.00		Parents & Under 5's 11.00 - 11.55	Party Hire 12.00 - 12.50	Floats Fun 1.00 - 2.30	Public Swim + 1 Lane 2.30 - 3.45	Swimming pool closes at 3.45pm		

Please note that on **Monday 28th August**, the pool is open **3.30pm to 6.00pm** for **Junior Swimming Lessons** only.

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sport

Under 13 Upwood and Whittlesey

Under 9 Kites vs Wagtails

Upwood Cricket Club Report - June 2017

By Neil Tuffin

Adult Results

At the time of writing Upwood 1sts are currently sitting 3rd in the Hunts League Division 3 with Sawtry and Biggleswade above them and thus currently just missing out on promotion. Upwood have only played three times in the last 5 weeks losing to a very strong Biggleswade side away and most disappointingly against Orton Park on a very hot day. It did not help that against Orton, Upwood's main strike bowler pulled out on the morning of the match and this bad start was compounded when their normally very solid top 6 were dismissed with just 60 on the board. Eventually, there was a recovery of sorts for the visitors to allow them to post 153 but this was never near enough and Orton cruised home.

However, Upwood have got back to winning ways with a sound display against a young Ramsey 3rd team on Saturday 15th July at the Upwood ground. Batting first the home team posted a commendable 251 for 5 off their allocation of overs with David Drage notching up 77 as opener and then Rob Landymore and skipper Mitch Newman crashing 10 runs and over off the last 5 to set a good score on another belting pitch. As usual Ramsey started brightly with Chris Parkin hitting the ball hard and straight before getting bowled by Mark Jones for 47. Father and son combo Charlie and Ben Saunders then took up the baton and were looking good till the wily bowling of Squidgy Tuffin dismissed them and put paid to any chance of Ramsey reaching the total and they were bowled out for 143 off 31 overs.

The seconds have now notched up their first win on the year beating St Ives away at the St Ivo Centre. Batting first Upwood restricted St Ives to 164 off their allocation of 40 overs; skipper Stephen McCleary being the pick of the bowlers with 2 for 33 off 7 overs. In reply Upwood cruised home with just 4 wickets down following an excellent stand between James Hyde (80) and Theo Hiscock (32). James Hyde did even better the following week scoring a magnificent 158 against Godmanchester to help Upwood rack up a formidable total of 272. Unbelievably, Godmanchester surpassed this score with the loss of no wickets and with both their openers retiring both with 100's to their name.

Junior Results

The juniors have played a number of fixtures this month at under 9, under 11 and under 13 age groups. The inexperienced but keen under 13 team joint team with Whittlesey finished second against a strong Ramsey team. The under 11 whose fixtures always seem to fall when there is always some other event reducing availabilities have played 3 games but not managed to win one although they only just lost to Bluntisham by 3 runs in a thriller at Upwood on Friday 19th June. The two under 9 teams have been in action with the Kites beating Sawtry but losing to Ramsey. In a club first the Kites have also played against the other under 9 team, the Wagtails. On both occasions the Wagtails just finished on top but regardless of the result it is heartening to see Upwood managing to put two teams out on the same day not only once but twice! All the youngsters are making great progress and training will continue into August on a Monday night plus there are lots more games to come.

End of Season Festival

On 16th September it will be the cricket clubs 'End of Season Do' and awards evening. Awards will be at 5pm followed by a Hog Roast and dancing in the Marquee till late. For the children there will be a bouncy obstacle course and the bar will be open for the adults including real ale on tap at cheap prices. Everyone is welcome regardless if you are a club member or not, especially families. The cost is £15 a ticket (per adult) if purchased in advance and £17.50 on the night. Children are free if they are with a paying adult.

We are always looking for new players for the juniors and adults and our yearly subscriptions of £35 for adults and £10 are excellent value for money.

Upcoming Home Fixtures in August

(Huntingdon Road Ground Upwood)
Please come up and have a look:

Under 13 County Girls vs Northants on Sunday 3rd August 1 PM start.
1st vs Orton Park Sunday 26th August 1 PM start
2nds vs Sheikh XI Sunday 20th August 1PM Start

Please contact Neil at npe.tuffin@gmail.com or on 07968771 138 for more information.

ANOTHER VICTORY FOR ROAD RUNNER LISA

Ramsey Road Runner Lisa Marriott continued her return to form with another victory at the Whitemoor 5 miler on July 2nd in a record field of over 200 runners.

In very warm and windy conditions she finished in 33 minutes 25 seconds, just 11 seconds ahead of host club March ACs Toni Alcaraz. Lisa said: "It was a hard race, the headwind made it very tough at mile 4 on the riverbank. It was a close race with Toni so I was glad to get the win." Lisa was one of 14 Ramsey runners to take part on the multi terrain course next to Whitemoor prison in March.

Andrew Brett was first for the club finishing in 9th place overall in 30:21. Jacob Fox had another good run for the club finishing in 19th after his step up from the junior team.

There were several Ramsey Juniors taking part in the 1.5 mile fun run, Nicola Williamson had an excellent run finishing first for the club and 12th overall in 10 minutes 5 seconds, just 2 seconds ahead of Samuel Munford.

To follow Ramsey Road Runners on social media, you can like their Facebook page at www.facebook.com/ramseyroadrunnersofficial.

Lisa Marriott victory at the Whitemoor 5 miler.

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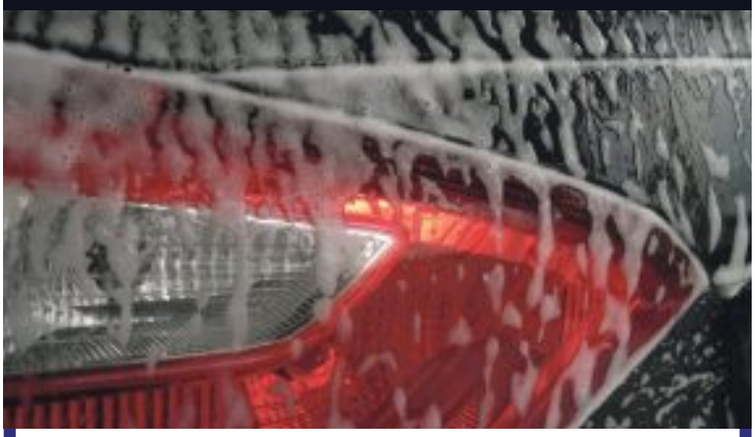

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STEVE STRUGGLES ON DAY ONE AT BRITISH OPEN

Picture: The top three at the Worthing Open. James Rutherford, Nuno Cunha and Steve Lovell. (credit Will Donnelly)

A below par performance on day one at British Open by Ramsey minigolfer Steve Lovell led to an 11th place finish in a high class field at Hastings. From struggling to make the cut, Steve turned things around in tropical conditions to nearly grab a top ten finish.

Steve said "although I was putting well, I didn't go on the runs of aces that this course requires. I was probably a couple of shots a round off the pace." He continued "the Sunday was much better; I broke my own personal best in Britain so there are positives." The tournament was won by Lincoln's Adam Kelly, who averaged a stunning 27.5 a round.

Third place

Better was to follow a week later for the Worthing Open, where Steve achieved a third place finish, having gone into the final round leading by two. "I had some rotten luck on the pipe hole. There was a lot of pressure from the other big names, who had great finishes." Added Steve. Portugal's Nuno Cunha took the plaudits. These results push Steve back down to fourth in the national rankings.

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